

My name is Jack and this is how CGL Newham Rise has helped me

“An addiction is such a hard and lonely challenge. It’s not an easy task to trust and share with someone that you are struggling. You still have faith, you want to change, but something is missing to make it happen... yes, there you are CGL! You showed me compassion and the direction for my recovery when I was hopeless.

“There’s no miracle along the recovery process, but efforts and engagement. CGL’s staff take their time and energy to change your life, it’s not just another day at work treating you like a number.

“It’s time for positive changes, you’re not alone anymore!”